

The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

1. A garment pad kit for coupling a garment pad to a garment, the garment pad kit comprising;

(a) a garment pad including a body portion having an adhering surface disposed on the body portion; and

(b) an adhesive for coupling the adhering surface to a garment.

2. The garment pad kit of Claim 1, wherein the adhesive is a liquid adhesive applicable upon the adhering surface, wherein the liquid adhesive is curable to permanently couple the garment pad to a garment.

3. The garment pad kit of Claim 1, wherein the adhesive is a temperature sensitive adhesive, wherein the temperature sensitive adhesive is adapted to permanently couple the garment pad to a garment when the temperature sensitive adhesive is heated above a selected temperature.

4. The garment pad kit of Claim 1 further including a portion of bonding fabric adapted to be disposed between the garment pad and a garment, wherein the adhesive is disposed upon the portion of bonding fabric.

5. The garment pad kit of Claim 4, wherein a pressure sensitive adhesive is disposed on a first side and a second side of the portion of bonding fabric, the pressure sensitive adhesive adapted to temporarily couple the garment pad to the first side and a garment to the second side of the portion of bonding fabric through application of a pressure above a selected pressure.

6. The garment pad kit of Claim 4, wherein the bonding fabric includes a relief gap disposed in the portion of bonding fabric for assisting in forming the portion of bonding fabric from a substantially planar configuration to an arcuate shaped configuration.

7. The garment pad kit of Claim 4, wherein the portion of bonding fabric includes a series of relief cuts for assisting in forming the portion of bonding fabric from a substantially planar configuration to an arcuate shaped configuration.

8. The garment pad kit of Claim 4, wherein the portion of bonding fabric includes an aperture for assisting in forming the portion of bonding fabric from a substantially planar configuration to an arcuate shaped configuration.

9. The garment pad kit of Claim 4, wherein the portion of bonding fabric includes a relief gap, a series of relief cuts, and an aperture for assisting in forming of the portion of bonding fabric from a substantially planar configuration to an arcuate shaped configuration.

10. The garment pad kit of Claim 1, wherein the adhesive is disposed on a first side and a second side of a piece of double-sided tape, the double-sided tape adapted to be disposed between the garment pad and a garment for adhering the garment pad to the garment.

11. The garment pad kit of Claim 10, wherein the piece of double-sided tape is arcuate in shape when in a planar configuration.

12. The garment pad kit of Claim 10, wherein the piece of double-sided tape includes a series of relief cuts for assisting in forming the piece of double-sided tape from a substantially planar configuration to an arcuate shaped configuration.

13. The garment pad kit of Claim 1, wherein the adhesive is integrally formed with the garment pad.

14. The garment pad kit of Claim 1, wherein the adhesive is a separate item adapted to be coupled to the garment pad by an end user.

15. A garment comprising:
- (a) a garment fabric layer;
 - (b) a garment pad; and

(c) an adhesive disposed between the garment fabric layer and the garment pad, the adhesive coupling the garment pad to the garment fabric layer.

16. The garment of Claim 15, wherein the adhesive includes a temperature sensitive adhesive disposed between the garment fabric layer and the garment pad, the temperature sensitive adhesive permanently coupling the garment pad to the garment fabric layer.

17. The garment of Claim 15 further comprising a support layer disposed between the garment pad and the garment fabric layer, the support layer having a first surface facing the garment pad and a second surface facing the garment fabric layer, wherein the adhesive is disposed upon the first and second surfaces.

18. The garment of Claim 17, wherein the support layer includes a relief gap for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

19. The garment of Claim 17, wherein the support layer includes a series of relief cuts for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

20. The garment of Claim 17, wherein the support layer includes an aperture for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

21. The garment of Claim 17, wherein the support layer includes a relief gap, a series of relief cuts, and an aperture for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

22. The garment of Claim 17, wherein the support layer includes a plurality of panels coupled to one another to configure the support layer in an arcuate shaped configuration.

23. The garment of Claim 15, wherein the garment pad is a bra pad or a shoulder pad.

24. The garment of Claim 15, wherein the adhesive is a cured liquid adhesive.

25. The garment of Claim 15, wherein the adhesive includes a pressure sensitive adhesive disposed between the garment fabric layer and the garment pad, the pressure sensitive adhesive adapted to temporarily couple the garment pad to the garment fabric layer.

26. The garment of Claim 15, wherein the adhesive includes a pressure sensitive adhesive disposed between the garment fabric layer and the garment pad, the pressure sensitive adhesive adapted to temporarily couple the garment pad to the garment fabric layer, and wherein the adhesive further includes a temperature sensitive adhesive disposed between the garment fabric layer and the garment pad, the temperature sensitive adhesive permanently coupling the garment pad to the garment fabric layer.

27. A garment pad adapted to be selectively coupled to a garment, the garment pad comprising:

- (a) a body having an adhering surface disposed on the body; and
- (b) a permanent adhesive for permanently coupling the adhering surface to a garment.

28. The garment pad of Claim 27, further including a pressure sensitive adhesive disposed on the adhering surface of the body, wherein the pressure sensitive adhesive is adapted to temporarily couple the garment pad to a garment when subjected to a pressure above a selected pressure.

29. The garment pad of Claim 27, wherein the permanent adhesive is a temperature sensitive material disposed on the adhering surface of the body, wherein the temperature sensitive material is adapted to permanently couple the garment pad to a garment when the temperature sensitive material is heated above a selected temperature.

30. The garment pad of Claim 27 further comprising a support layer adhered to the adhering surface, the support layer having a first surface and a second surface, wherein a pressure sensitive adhesive is disposed upon the first and second surfaces.

31. The garment pad of Claim 30, wherein the support layer includes a relief gap for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

32. The garment pad of Claim 30, wherein the support layer includes a series of relief cuts for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

33. The garment pad of Claim 30, wherein the support layer includes an aperture for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

34. The garment pad of Claim 30, wherein the support layer includes a relief gap, a series of relief cuts, and an aperture for assisting in forming of the support layer from a substantially planar configuration to an arcuate shaped configuration.

35. The garment pad of Claim 30, wherein the support layer includes a plurality of panels coupled to one another to configure the support layer in an arcuate shaped configuration.

36. The garment pad of Claim 27, wherein the garment pad is a bra pad or a shoulder pad.

37. The garment pad kit of Claim 27, wherein the permanent adhesive is integrally formed with the garment pad.

38. The garment pad kit of Claim 27, wherein the permanent adhesive is a separate item adapted to be coupled to the garment pad by an end user.